There are many reasons why a cookie could not be set correctly. Below are the most common reasons:

- You have cookies disabled in your browser. You need to reset your browser to accept cookies or to ask you if you want to accept cookies.
- Your browser asks you whether you want to accept cookies and you declined. To accept cookies from this site, use the Back button and accept the cookie.
- Your browser does not support cookies. Try a different browser if you suspect this.
- The date on your computer is in the past. If your computer’s clock shows a date before 1 Jan 1970, the browser will automatically forget the cookie. To fix this, set the correct time and date on your computer.
- You have installed an application that monitors or blocks cookies from being set. You must disable the application while logging in or check with your system administrator.

Why Does this Site Require Cookies?

This site uses cookies to improve performance by remembering that you are logged in when you go from page to page. To provide access without cookies would require the site to create a new session for every page you visit, which slows the system down to an unacceptable level.

What Gets Stored in a Cookie?

This site stores nothing other than an automatically generated session ID in the cookie; no other information is captured.

In general, only the information that you provide, or the choices you make while visiting a web site, can be stored in a cookie. For example, the site cannot determine your email name unless you choose to type it. Allowing a website to create a cookie does not give that or any other site access to the rest of your computer, and only the site that created the cookie can read it.

Books.google.by - The Runner's Yoga Book is an ideal companion for the weekend or professional athlete, for the reader who wants to stretch and relax, and for the developing yoga student who wants to establish a home practice. Drawing on over thirty years of teaching and personal practice, author Jean Couch offers precise The best book on B.K. iyengar yoga! It's spiral-bound, so it lays flat making it very easy to keep your place while you are practicing. The author explains what you should feel and how to perform each routine. There are even 3 models performing easier modifications and more intense versions of the routines. Ms Couch offers up pearls of wisdom about the practice of Yoga that helps the reader overcome plateaus in their practice. I got an older copy with Jean Couch the author thanking Felicity Hall (Green) for the inspiration for the info in this book. I'm a Yoga Teacher and think this book is the absolute best Yoga book for people who want the "skinny" about Yoga....Excellent advise, precautions, what to do and what NOT to do...again thanks Amazon.com. Read more. Helpful.